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CANADA'S WINE INDUSTRY POISED FOR GROWTH AS MORE CANUCKS REACH FOR A GLASS OF VINO PAGE 8

OTTAWA metro®

Monday, November 26, 2012

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BUSTING A MOVE

Justin Bieber performs during the halftime show at the 100th Grey Cup game between the Toronto Argonauts and the Calgary Stampeders. For more on the show, and the game, see pages 13 & 25. SEAN KILPATRICK/THE CANADIAN PRESS

Violent thugs elude Ottawa police officers

New report. But incidence and severity of violent crime dropping in Ottawa, statistics reveal

JOE LOFARO
joe.lofaro@metronews.ca

The Ottawa Police Service isn't performing as well as all but two of its Ontario counterparts in solving violent crimes, according to a new report to be tabled at Monday's police services board meeting.

Data in the 2011 Ontario Municipal Benchmarking Initiative (OMBI) report for OPS shows that the police force falls below the provincial median when it comes to solving violent crime and that "there is room for improvement."

Ottawa's 62 per cent clearance rate for violent crimes in 2011 falls far below the 76 per cent median at the provincial level.

The 2011 OMBI Performance Measurement Report shows that Toronto and Hamilton are the only cities where clearance rates for violent crime were below Ottawa's.

It also shows Ottawa's clearance rate for violent crime has been dropping since 2009.

The OPS report also states the total clearance rate for OPS is below the provincial average, but does not specify what the rate is.

However, that report also highlighted that Ottawa's violent crime rate continues to improve.

There were 566 violent criminal code incidents per 100,000 residents in 2011 compared to the OMBI median of 908. That figure was 600 in 2010 and 644 in 2009 for Ottawa.

Ottawa has maintained the same total crime rate for the past three years, according to the report. There were 3,950 reported Criminal Code of Canada incidents (non-traffic) per 100,000 residents compared to the Ontario median of 4,670.

Other areas where the OPS scored above the OMBI median average were the property crime clearance rate, change in violent crime rate, and change in property crime rate.

The provincial benchmarking initiative is a collaborate data collection tool used by 14 municipalities across Ontario as well the cities of Calgary and Winnipeg on approximately 900 measures in 37 public service areas.

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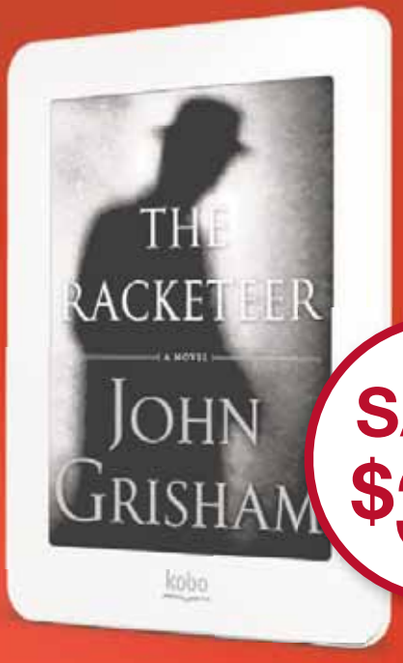

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Wheelchair hockey league heating up as NHL fizzles

OPWHL. Fledgling league looks to expand with two more teams

JOE LOFARO
joe.lofaro@metronews.ca

With NHL hockey at a standstill for 11 weeks, a local hockey league consisting entirely of people with physical disabilities celebrated an expansion of two teams Sunday at a game inside Carleton University's Norm Fenn gym.

A group of Carleton students started the Ottawa Power Wheelchair Hockey League (OPWHL) in 2009, and in August the league hosted the North American Power Hockey Association tournament.

People in power wheelchairs who have limited upper body strength or mobility play the game in a setting similar to floor hockey.

Getting across the floor requires a player's full attention as they guide a ball using a stick that is tied to their wheelchair or arm, while the other hand navigates the wheelchair.

Sunday's game between the two teams — the Sharks and the Gators — drew a crowd of about 50 fans. At the end of the hour-long game, the Sharks celebrated a 4-2 victory.

As interest in the league develops, OPWHL board chair Donna Haycock said she is looking for more funding opportunities so the players can keep playing in regional championships and expand to four teams.

The league said booking City of Ottawa gym time costs the league almost $4,000 per season.

"A lot of these people never thought they would be able to play hockey," said Haycock.

"They would have to sit and watch. Now they're out there playing a modified version with the same intensity, the same excitement, and the same social group setting."

Quoted

"This is a wonderful opportunity for people who are disabled who don't have the avenue for socialization and recreational sport."
OPWHL board chair Donna Haycock

Mohammed Awad, right, tries to steal the ball from his opponent, Dimpho Tshegetsang, during a game at Carleton University's Norm Fenn gym on Sunday. JOE LOFARO/METRO

Kids to educate Parliament on diabetes

Natalie Currie and her son, Eric, pose for a photo at the June 2012 JDRF Walkfor Diabetes. CONTRIBUTED

Parliament Hill is home to many lobbyists, but on Tuesday 40 new members will be joining their ranks for the day to talk about juvenile diabetes.

"I just want to tell them I am a diabetic and I want to fight for a cure," said Eric Currie, 9, who was diagnosed four years ago.

The Osgoode native, who is part of a group of kids from across Canada living with Type 1 diabetes, was selected by the JDRF (formerly known as the Juvenile Diabetes Research Foundation) for Kids Lobby Day to talk to parliamentarians about living with the disease.

Currie said he hoped to get more money for JDRF.

"At first he was really nervous and didn't want anybody to know about it," said Eric's mother, Natalie Currie, who was also diagnosed with Type 1 diabetes about 30 years ago.

After overcoming his shyness and participating in volunteer activities with the JDRF, Eric wanted to tell the world about life with the disease.

Natalie said many people still confuse Type 1 with Type 2 diabetes. "Most people who get diabetes before they are 30, there's nothing they could have done. Their pancreas just stops working," she said.

SEAN MCKIBBON/METRO

Type 1 vs. Type 2

- **Type 1 diabetes.** This occurs when the cells in a person's body responsible for making insulin stop working.
- **Type 2 diabetes.** This occurs when a person's body doesn't make enough insulin. It's a secondary disease relating to something else happening in the person's body, such as pregnancy or pancreatic damage.

Collision

Four people injured in car crash

A car crash in Ottawa's southeast end injured four people Sunday night.

The collision occurred on Devine and Frontier roads around 5:24 p.m.

Paramedics said they found a 90-year-old woman in cardiac arrest who is in critical condition, a 52-year-old man suffering head and chest injuries in serious but stable condition, a 55-year-old woman suffering chest and leg injuries in stable condition and a 53-year-old man with neck and back injuries in stable condition.

Ottawa Police Service was investigating the crash. METRO

Fire

Garage sustains $25K in damages

Ottawa Fire Services doused a blaze at a commercial garage at 447 ½ Catherine St. The G & L Garage sustained $25,000 in damages to the building and its contents. The cause of the fire remains under investigation. No one was injured. METRO

Safe and sound

Family finds missing woman

The family of an Ottawa woman who went missing in L.A. is breathing a sigh of relief, but releasing few details after she was found safe Friday.

"We don't want to risk her safety," said Sarah Jane Stavenow's mother, Suzanne Andrews-Sylvestre, adding she didn't want to release more details for fear of "hiccups" in her daughter's return.

"We're the ones who found her and we're on our way now to get her," she said.

Stavenow, 26, failed to check in to her hotel after arriving at LAX on business last Friday. Her family reported her missing Monday morning. GRAHAM LANKTREE/METRO

Female inmate alleges she was ‘thrown in the hole’ for no bra

Dress code. Niagara artist says she received 2 weeks in segregation cell, 5 days pulled from early-release date

JESSICA SMITH
Metro in Toronto

An inmate at the Vanier Centre for Women in Milton, Ont., has filed a complaint alleging correctional officers put her in a segregation cell and tacked on five extra days to her sentence because she refuses to wear a bra.

“I was locked down in a segregation cell from the morning of Nov. 1 to the afternoon of Nov. 15. I was first charged with misconduct for not wearing a bra,” Jeannette Tossounian, who is currently serving a sentence for arson, wrote in a letter to Metro.

“A few days later, I was charged with another misconduct for saying I don’t want to wear a bra and was given five extra days to spend in jail from my early release date, December 2013.”

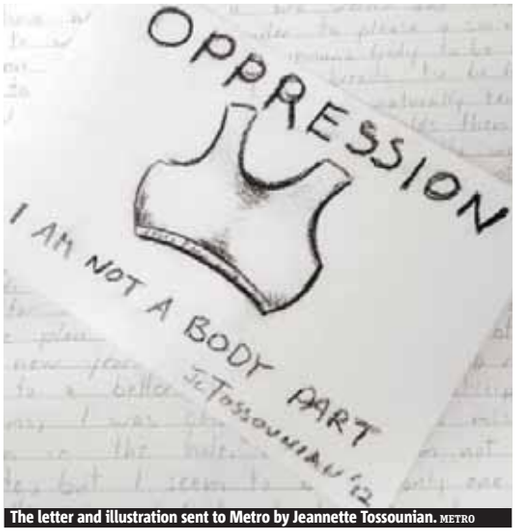
The Elizabeth Fry Society confirmed that Tossounian has filed an official complaint about the incident.

Ministry of Community Safety and Correctional Services spokesman Brent Ross would not comment on the allegations, but confirmed that female inmates are required to wear bras.

“We have policies in place to ensure inmates are treated justly and humanely in all sections of our facilities, including segregation,” he said in an email response. “While incarcerated, inmates can be awarded remitted time, which is a reduction of a sentence for good conduct, and they can also lose their remitted time or have their privileges suspended if they commit a serious misconduct.”

Tossounian said her aversion to bras wasn’t always a problem for her in jail.

“I was incarcerated at Vanier for eight-and-a-half months and was braless the whole time before I was locked down. I guess the guards had better things to do than stare at my chest, examining for looseness,” she wrote. “As soon as I put in a request to change to a better unit so I could participate in more programs, I was charged with these misconducts and thrown in the hole.”



The letter and illustration sent to Metro by Jeannette Tossounian. METRO

Cruelty claims

“No matter what an inmate does, if the institution wants to punish, they will get punished.”

Inmate Jeannette Tossounian, writing in a letter to Metro

Tossounian wrote that she has never been a bra-wearer and believes studies that link wearing a bra to breast cancer, a premise not widely accepted by the scientific community.

“To (force) a woman to wear a bra, inmate or not, is a violation of human rights. It is sexual discrimination that breaks a woman down into body parts that must be controlled because these parts are female,” she wrote.

Tossounian also wrote that the incident made her feel helpless.

“Some inmates end up losing their minds, even to the point of committing suicide,” she wrote. “I have to remain strong.”

Jeannette Tossounian, an inmate at Vanier Centre for Women in Milton, Ont. TORSTAR NEWS SERVICE

Tossounian’s lawyer for the appeal of her sentence, Vanessa Christie, said her client’s account of what happened is “disturbing.”

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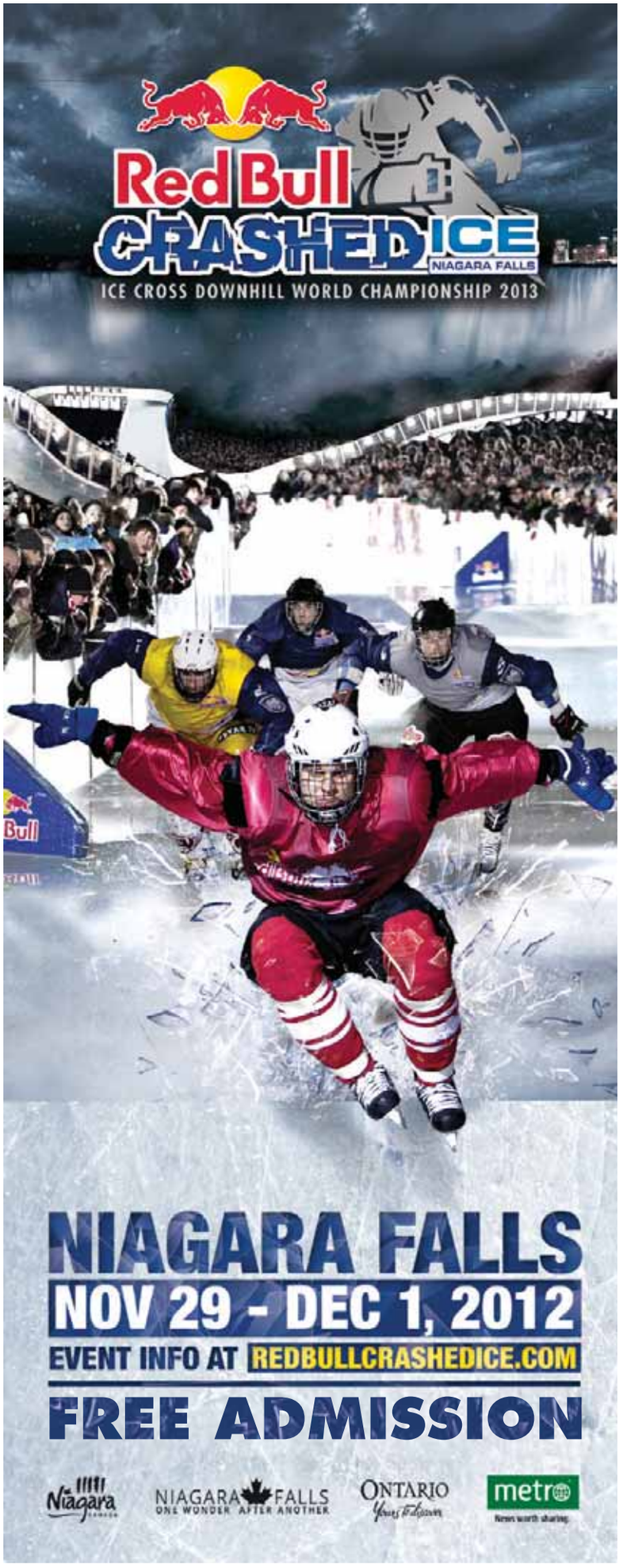

Morsi's bid for more power causes turmoil

In this Nov. 23 photo released by the Egyptian presidency, President Mohammed Morsi speaks to supporters outside the presidential palace in Cairo, Egypt. EGYPTIAN PRESIDENCY/THE ASSOCIATED PRESS

Power struggle.
Fight over president's powers threatens to destabilize the country as stocks plunge amid ongoing chaos

Supporters and opponents of Egypt's president on Sunday grew more entrenched in their potentially destabilizing battle over the Islamist leader's move to assume near absolute powers, with neither side appearing willing to back down as the stock market plunged amid the fresh turmoil.

The standoff poses one of the hardest tests for the nation's liberal and secular opposition since Hosni Mubarak's ouster nearly two years ago. Failure to sustain protests and eventually force Mohammed Morsi to loosen control could consign it to long-term irrelevance.

Clashes between the two sides spilled onto the streets for a third day since the president issued edicts that make him immune to oversight of any kind, including that of the courts.

A teenager was killed and at least 40 people were wounded when a group of anti-Morsi protesters tried to storm the local offices of the political arm of the president's Muslim Brotherhood in the Nile Delta city of Damanhoor, according to security officials.

It was the first reported death from the street battles that erupted across much of the nation on Friday, the day after Morsi's decrees were announced. The officials, who spoke on condition of anonymity because they were not authorized to speak to the media, identified the boy as 15-year-old Islam Hamdi Abdel-Maqsood.

The tensions also dealt a fresh blow to the economy, which has suffered due to the problems plaguing the Arab world's most populous nation since Mubarak's ouster.

Egypt's benchmark EGX30 stock index dropped 9.59 percentage points Sunday in the first trading session since Morsi issued his decrees.

THE ASSOCIATED PRESS

Politics

Feds off-loading part of pledge to resettle refugees

The federal government is seeking to off-load some of its international promises to refugees onto the private sector. They're asking community groups to sponsor 1,000 of the refugees the Canadian government has told the United Nations it will resettle over the next three years. THE CANADIAN PRESS

Gaza Strip

Violation of truce with Israel would be a sin: Cleric

A leading Islamic cleric in the Gaza Strip has ruled it a sin to violate the recent ceasefire between Israel and the Hamas militant group that governs the Palestinian territory — according a religious legitimacy to the truce and giving the Gaza government strong backing. THE ASSOCIATED PRESS

Rebel group

Congo and M23 rebels negotiate in Uganda

Congolese officials were in talks Sunday with representatives of M23, the rebel group that last week took control of the eastern Congo city of Goma, according to Ugandan officials. The Ugandan defence minister is mediating discussions to help reach a settlement. THE ASSOCIATED PRESS

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Cheers! Wine consumption on 'meteoric rise' in Canada

Canadians are increasingly reaching for a glass of Beaujolais instead of beer and they're also drinking more domestic wines, says a new study on Canadian drinking habits.

Consumers bought an average of 22 bottles of wine in 2011, up from 13 in 1995, found the Bank of Montreal's special report on the Canadian wine industry.

"It's a meteoric rise, really," said David Rinneard, national manager of agriculture at BMO.

And Canada's wine industry is poised for solid growth over the next five years, thanks in part to an aging population, a willingness to pay more for premium wines and the opportunity for domestic producers to make bigger inroads in the Canadian marketplace, the report said.

Canada's wine industry is poised for solid growth over the next five years, a new report says. TORSTAR NEWS SERVICE FILE

A third of wine consumed in Canada is produced by domestic wineries, Rinneard said.

THE CANADIAN PRESS

Doha, Qatar

UN begins new round of global warming talks

As nearly 200 countries meet in oil- and gas-rich Qatar for annual talks starting Monday on slowing global warming, one of the main challenges will be raising climate aid for poor countries at a time when budgets are strained by financial turmoil.

Rich countries have delivered nearly $30 billion US in grants and loans promised in 2009, but those commitments expire this year. And a Green Climate Fund designed to channel up to $100 billion US annually to poor countries has yet to begin operating.

THE ASSOCIATED PRESS

Why wait for Boxing Day? Deal season comes early

Black Friday, Cyber Monday. Longtime U.S. discount weekend is now taking root on Canadian soil

As hype surrounding Cyber Monday and Black Friday spreads north of the border, experts say the burgeoning weekend-long holiday sales event could soon surpass Boxing Day as the busiest shopping period of the year.

With the frenzy of what could be Canada's biggest-ever Black Friday over, deal-seekers are turning their focus to Cyber Monday, a day of deep online discounts held the Monday after the busiest shopping day of the year in the U.S.

For years, both events were largely U.S. phenomena that had Canadians who wanted to participate visiting American websites or making cross-border trips on the day after U.S. Thanksgiving, which marks the start of the crucial holiday shopping season when retailers turn profits, or go "into the black."

But a combination of factors — U.S. competitors setting up shop in Canada, Canadian retailers trying to keep sales local, Canadians' shifting shopping habits and tight-fisted consumers with shaky confidence in the economy — are helping to establish the events on Canadian soil.

Shop online, avoid mall fatigue: Cousins Maricruz Munoz, 15, left, and Monica Murillo, 15, sleep on a break from Black Friday shopping at Woodland Hills Mall on Friday, in Tulsa, Okla. Cyber Monday and Black Friday are spreading north of the border, experts say, and may soon surpass Boxing Day as the busiest shopping period of the year. MIKE SIMONS/THE ASSOCIATED PRESS

Turkey and discounts

- In the U.S., Thanksgiving shopping on Thursday took a noticeable bite out of Black Friday's start to the holiday season, as retail sales in stores fell slightly from last year. Hundreds of thousands of shoppers hit sales Thursday evening while still full of their Thanksgiving dinner.

THE ASSOCIATED PRESS

Willy Kruh, global chairman in retail markets at KPMG, said he wouldn't be surprised if the four days from Black Friday to Cyber Monday soon overtake Boxing Day, now expanded to Boxing Week, as the best period for retailers in Canada.

He says Cyber Monday — which cropped up in Canada just three years ago — is growing at an even faster pace in Canada than Black Friday, as retailers look for new ways to fight back against U.S. competitors eating into their profits.

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COUNTING BLESSINGS IN A LUCKY CITY

URBAN COMPASS
Steve Collins
ottawa@metronews.ca

November's typically a month when this city's charms — as sunlight fades and warmth blows away — grow ever less apparent. It takes more effort to remember, on balance, what a lucky place this is and how lucky we are to live in it.

Walking the household mutt this particular November though, on a series of mild, sunny days, each of which felt like it must surely be the last one of the year until it was impossibly followed by yet another, made feeling fortunate easier.

Luck running out?

A month after the Bluesfest incident, wind collapsed a stage at the Indiana State Fair, killing five and injuring 45. That could have been us.

I'm also lucky enough to live near and walk along one of the undeniable and obvious perks of living in the nation's capital, an NCC pathway, even as the evidence that this good fortune is taken somewhat for granted lies everywhere.

The mutt, a gourmand who will ingest almost anything smaller than his head and softer than his teeth, never wants for fascinating tidbits of litter, both edible and merely eatable, left behind by the fortunate and thoughtless.

A number of other dog walkers also enjoy the pathway without feeling any responsibility to pick up after their canine escorts and sometimes you end up stepping in someone else's oversight. More baffling, however, are the deposits that have been bagged and then left lying there anyway, to be retrieved presumably by someone else.

But these are the petty failures of citizenship of which I have the luxury of complaining in a city with an enviably low crime rate and an under-control police budget that doesn't threaten, as it does in other cities, to eclipse all other priorities.

A Statistics Canada report this year pointed to a 41 per cent growth in municipal policing costs in the past decade, taking an ever-bigger percentage of total spending in places like Vancouver (22.4), Calgary (23.8) and Peel Region (28.7).

In Ottawa, policing accounts for 11 per cent of the proposed 2013 budget, with increases limited, like most everything else, to 2.5 per cent. This budgetary tightness sometimes chafes, of course, and can inspire some innovative revenue-raising schemes.

Last week, for example, the president of the Ottawa Police Association suggested a special surcharge on alcoholic beverages sold in the Byward Market — an idiot tax, if you will — or a cover charge on closing time in order to help pay for the costs of policing the party when area bars let out.

That one's unlikely to fly, and while the Market is undeniably a handful for the cops, what would other city police forces give for problems of such relative triviality?

Even on some of the worst nights, our luck has a way of holding out. The Ontario Ministry of Labour last week released its report on the collapse of the main stage at Bluesfest in 2011. Although it apportioned some blame to stage company Groupe Berger — findings the company disputes — it also made clear how much worse it all could easily have been.

"Although no critical injuries were reported," it reminds us, "the risk for serious injuries and fatalities to both workers and patrons of the festival was very high."

A month after the Bluesfest incident, wind collapsed a stage at the Indiana State Fair, killing five and injuring 45. That could have been us.

The city's good luck is not always spread evenly, though, as data from the University of Ottawa's ongoing Ottawa Neighbourhood Study, a compilation and comparison of vital statistics for all city neighbourhoods, repeatedly shows.

Ottawa Public Health last week used data from the study to warn that in 22 of the city's 33 lower-income areas, residents have to walk long distances to get to a real grocery store.

The city is planning to offer some $20 million in tax breaks to high-tech businesses to locate in Orleans, which is starved for such jobs. It would likely cost less to provide incentives to lure grocers into these less-lucky neighbourhoods, which are starved for affordable fresh food.

Many CDs make light work

OLI SCARFF/GETTY IMAGES

Art installation

Artwork puts CDs in a good light

An artist has created a festive display of light, using thousands of old CDs. Bruce Munro's work, entitled Blue Moon on a Platter, forms part of the Christmas decorations at Waddesdon Manor in Buckinghamshire, England, a Neo-Renaissance style of a French château originally built for the prominent Rothschild family of bankers.

METRO

A lot of tracks

50,000

The number of unwanted CDs used in Munro's installation. Donated by a local recycling centre, they were placed on a grassy amphitheatre, which measures 28 metres across. The "moon," which measures 1.5 metres in diameter, is made up of 101 spheres containing coiled optic fibers. It glows with blue light, which is passed along the fiber optics via a metal halide projector. It took Munro and his team of more than a dozen volunteers one week to install.

Artist's viewpoint

"At dusk, when the CDs reflect the light from the sky, and the landscape is dark, the installation shines brightest and looks like a massive sequin bead."

Bruce Munro,
light installation artist

Q & A

Brighter when dark

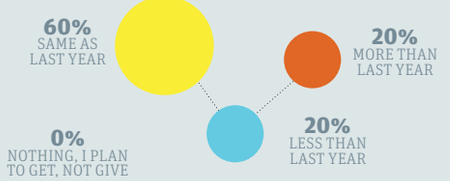
Metro: What's special about the material of CDs?

Munro: Their iridescent quality of reflecting light — they look just like a rainbow. But what's so unusual about the CDs is that they seem to reflect light better when there is not a lot of natural light around.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How much do you plan on spending over the holidays?



Twitter

@joeygoodwell: My girlfriend @MelCostanza is the most UNREAL #battleships player in the world.

@ButtersReid: Hurley's breakfast gets an A+

@bitofmomsense: @sherrilynne we lease! we owned the van but that was our first owned, we are leasers :) an Escape, should get it this week!!!

@GaryChampagne: @droofer A bit tiring but yes! Just spent 2 hours in an Apple Store :p

@azizk47: Wow, AP just fumbled. Haven't seen that in a while

@ZelenkaCo: #calstampeders #calgary #GreyCup Go Calgary! :)

metro

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No love for Bieber's halftime show from Grey Cup crowd

CFL. Bieber booed, Lightfoot lauded during splashy halftime show

Justin Bieber faced a hostile homecoming at the 100th Grey Cup on Sunday, with the jeering capacity crowd at the raucous Rogers Centre providing the teen idol with a reception as unyieldingly cold as a long Canadian winter.

The 18-year-old grew up roughly 150 kilometres down the road in Stratford, Ont., but that didn't help his cause with the rowdy crowd on hand, who took aim at the ubiquitous pop star whenever possible.

They booed when his face popped up on the Jumbo-Tron. They booed when a host spoke his name at the onset of halftime. And they booed with extra glee as he took the stage and throughout his medley of the finger-snapping, chart-topping hit Boyfriend and the disco-inflected club come-on Beauty and a Beat.

If Bieber was bothered by the boo-birds, it didn't show.

"It's an honour to be here at the Grey Cup in Canada," he said, a smile tugging at his lips despite the reaction.

"Make some noise. I said make some noise!"

Unfortunately, the crowd obliged. More boos.

As he wrapped up Beat a dazzling array of pyrotechnic lights popped into the air and at first the crowd responded enthusiastically. But once again, the cheers dissolved into boos.

"Thank you so much Canada," Bieber announced, ignoring the response. "I love you."

Most figured that while Bieber is a bona fide draw — an international star and tabloid fixture whose latest record Believe became his third straight to reach multi-platinum status in Canada after its June release — most of those fans simply weren't at the game.

"J-Biebs doesn't scream football, you know? Neither does Carly Rae Jepsen," said Calgary's Ryan Prisque, 22.

"Gordon Lightfoot — that'll be the time I turn back from the beer gardens and watch."

The 74-year-old Lightfoot certainly did captivate the crowd Sunday. With the stadium lights down, Lightfoot opened the halftime show by materializing on a modest stage near the 50-yard line, dressed in black and strumming an acoustic guitar. The crowd roared.

Pop outfit Marianas Trench was greeted mostly with indifference, while Jepsen also received a mixed reaction at first but won the crowd over during an enthusiastic medley of her latest single, This Kiss, and her smash hit Call Me Maybe. THE CANADIAN PRESS

Carly Rae Jepsen won over the crowd with her Call Me Maybe/This Kiss medley at the halftime show. THE CANADIAN PRESS

Football fans reserved the love for Canadian singer-songwriter legend Gordon Lightfoot. THE CANADIAN PRESS

Bieber haters booed extra loud during his performance of Boyfriend, but the superstar was unfazed. THE CANADIAN PRESS

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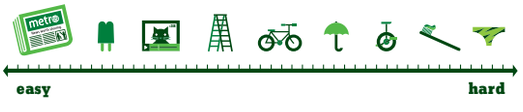

SCENE

Dallas J.R. actor Larry Hagman brought 'joy to everyone he knew'

Remembering a legend. Actor, who was reprising infamous role in a new edition of popular TV series, succumbs to cancer

In this photo from 2008, Larry Hagman poses in front of the Southfork Ranch from Dallas. THE ASSOCIATED PRESS

J.R. Ewing was a business cheat, faithless husband and bottomless well of corruption. Yet with his sparkling grin, Larry Hagman masterfully created the charmingly loathsome oil baron — and coaxed forth a Texas-size gusher of ratings — on television's long-running and hugely successful nighttime soap, Dallas.

Although he first gained fame as nice guy Capt. Tony Nelson on the fluffy 1965-70 NBC comedy I Dream of Jeannie, Hagman earned his greatest stardom with J.R. The CBS serial drama about the Ewing family and those in their orbit aired from April 1978 to May 1991, and broke viewing records with its Who shot J.R.? 1980 cliffhanger that left unclear if Hagman's character was dead.

The actor, who returned as J.R. in a new edition of Dallas this year, had a long history of health problems and died Friday due to complications from his battle with cancer, his family said.

"Larry was back in his beloved hometown of Dallas, re-enacting the iconic role he loved the most. Larry's family and closest friends had joined him in Dallas for the Thanksgiving holiday," the family said in a statement that was provided to The Associated Press by Warner Bros., producer of the show.

The 81-year-old actor was surrounded by friends and family before he passed peacefully, "just as he'd wished for," the statement said.

Linda Gray, his on-screen wife and later ex-wife in the original series and the sequel, was among those with Hagman in his final moments in a Dallas hospital, said her publicist, Jeffrey Lane.

"He brought joy to everyone he knew. He was creative, generous, funny, loving and talented, and I will miss him enormously.

"He was an original and lived life to the fullest," the actress said.

THE ASSOCIATED PRESS

Mourning

Fans pay respect

Tourists and locals flocked to Southfork Ranch on Saturday, bringing flowers in memory of Larry Hagman, who played the infamous J.R. Ewing on the TV show Dallas.

Hagman died in Dallas, Texas on Friday at age 81 due to complications from his battle with cancer.

Southfork, a ranch north of Dallas, was known to millions of viewers as the Ewing family home. Exterior shots of the house and pool were shown when the series aired from 1978 to 1991, although the show wasn't filmed there.

The ranch has been open for tours since the mid-1980s, and now sees more than 100,000 visitors each year. Each room of the house has a theme for each character. On Saturday, J.R. Ewing's room had flowers and a card for tourists to sign. "Today is about Larry Hagman and his family," said Janna Timm, a Southfork Ranch & Hotel spokeswoman. "He was such a wonderful person, and we will really miss him."

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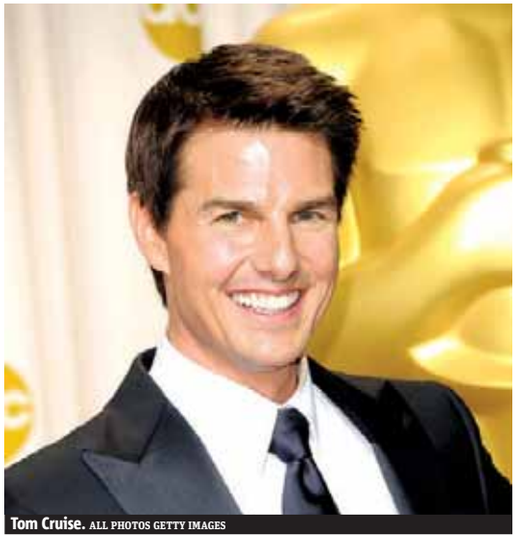
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Tom Cruise. ALL PHOTOS GETTY IMAGES

Cruise flies in daughter for Thanksgiving

Even though Tom Cruise is currently on location in London filming All You Need is Kill, he still got to spend Thanksgiving with his daughter, six-year-old Suri Cruise, who was flown in for the occasion, according to Us Weekly.

The holiday was the "first time he's seen Suri in a long time," a source says.

Ex-wife Katie Holmes, meanwhile, headed to her parents' home in Toledo, Ohio, for the big day before returning to New York for a Friday evening performance of her Broadway play, Dead Accounts.

The Word

Berry caught in the middle as ex-boyfriend and fiancé go to war

It was a pretty dramatic Thanksgiving for Halle Berry as her ex-boyfriend Gabriel Aubry and fiancé Olivier Martinez came to blows during an argument when Aubry dropped off Nahla, the four-year-old daughter he shares with Berry, for the holiday, according to The Associated Press.

TMZ reports that Martinez broke his hand and sustained neck injuries in the fight, while Aubry walked away with a broken rib, facial contusions and a possible head injury.

Sources tell Us Weekly that Aubry "initiated" the fight after having words with Martinez.

"He shoved Olivier, then punched him. Olivier just defended himself," a source says.

Aubry was arrested and released on $20,000 bail.

He's due in court Dec. 13. Immediately following the scuffle, Berry obtained an emergency protective order against Aubry that forbids him from coming within 100 yards of Berry, Martinez or Nahla.

The order is set to expire Tuesday, but Berry is reportedly taking Aubry to court in hopes of making the restraining order permanent.

Taylor Swift

Swift talks about relationship mistakes she has made

Taylor Swift is well aware that she has a problem with falling in love too fast.

"I don't think there's an option for me to fall in love slowly or at medium speed. I either do or I don't. I don't think it through, really, which is a good and a bad thing," the 22-year-old singer tells Parade magazine, adding that in retrospect, her relationships don't always seem to be all that they are cracked up to be.

"I tend to think things are love and then look back and re-evaluate," she says.

"I know how many people I've said, 'I love you' to. I could probably count it up, but I don't feel like it. Part of me feels like you can't say you were truly in love if it didn't last. If I end up getting married and having kids, that's when I'll know it's real — because it lasted."

Book excerpt

Going a little crazy?

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

You've been home with the kids too long when...

1. You own Memory Books for all of your children. And they are up to date.

2. Sorting through orphaned socks in the laundry room is a serious contender for an exciting afternoon activity.

3. You start begging the children to do some arts and crafts with you.

4. You have checked your email 16 times in the past 15 minutes.

5. You take your daughter to more than one store to look for the perfect pair of back-to-school runners.

6. You have noted the dry clean pick-up time on your desk diary (you still have a desk diary?).

7. Home made Valentine's and Christmas cards sound like fun!

8. You don't have the children in the car, but you're listening to their Mother Goose Raps CD. Hey, that next song really rocks.

9. Your six-year-old asks you to put her teddy bear down for a nap while she's at school and wake him up just before she gets home. You do it.

10. When the neighbours get new windows, you call your husband to tell him. Twice.

11. The appointment of a new school principal is a big deal. EXCERPTED FROM JOURNEY TO THE DARKSIDE: SUPERMOM GOES HOME, BY KATHY BUCKWORTH, KEY PORTER BOOKS, SOON TO BE AVAILABLE ON AUDIBLE. VISIT KATHYBUCKWORTH.COM.

Exclusively online

Mommy remembers the days when all she had in her fridge was three varieties of mustard. But now that you're born, meal planning has become slightly more complicated than choosing toppings off a pizza delivery menu. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Love at first bark or meow

Pets. If you think you're ready for your first pet, check out the essentials that you should consider

EMMA GODMERE
life@metronews.ca

Got dog fever? Or maybe you're itching for a kitten? Adopting an animal for the first time can be a rewarding experience for any new owner. Studies show that pet ownership can be on par with human friendship when it comes to emotional benefits like increased self-esteem and fewer feelings of loneliness.

But with great company comes great responsibility. Even if you have your heart set on welcoming a lively German shepherd into your home, it's important to select the right pet for you, your family and your lifestyle.

"For single people, or households where people are out a lot, a dog's probably not going to be the best pet," suggests Dr. Simon Starkey, a veterinarian at PetSmart's headquarters in Arizona. Without company for extended periods of time, dogs can suffer from separation anxiety. Cats, on the other hand, tend to be more independent and content spending less time with their owners.

But that's not to say a particular type of animal should be out of the question. Meet Your Match, a program spearheaded by the American SPCA, helps hopeful owners find the right kind of furry friend for them.

"It's like eHarmony for dogs and cats," says Alison Cross, spokesperson for the Ontario SPCA. Pets go through personality assessments while prospective owners complete questionnaires to identify traits and needs in order to make the best match for both parties.

Maybe a smaller, less demanding animal, like a hamster or a guinea pig, is more fitting to your lifestyle. Little creatures with much shorter life expectancies may be a great introduction to pet care. Smaller animals still do require daily food and water top-ups and regular cleaning of cages and enclosures, with which the whole family can help.

Once you meet your new pet, finding a veterinarian and understanding the costs of taking care of the newest member of your family should be your next step. Vets will recommend the best type of food and tips for providing care.

Tips

- **Adoption.** "You're saving a lot of money if you choose to adopt," says Cross. Many shelters ensure pets are spayed or neutered, vaccinated and microchipped before putting them up for adoption.
- **Breeders.** Dog-seekers may choose to approach breeders to find their pet. The Humane Society of the United States suggests seeking referrals for responsible breeders from dog-owning friends whom you trust. The Canadian Kennel Club also provides links to its member breeders at ckc.ca.

The benefits of owning a pet come with responsibilities. ISTOCK

Start sharing

Remember your first pet? Was it a cat, dog or maybe a pet rock? Visit this article online, tweet us or even turn to the person next to you and share your memories of that special pet.

First in a series on firsts. This is the first in a week-long series of articles chronicling some of the rites of passage many of Metro's readers will experience as they leave the nest or school and head out on their own.

What's your favourite movie of 2012?
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FUTURE SHOP

Give dinner an ooey, gooey touch with cheesy casserole

"Forgive me for getting a little 'cheesy' here, but that's just what this one-dish wonder is all about: cheese," writes Dave Venable in his cookbook, In the Kitchen with David.

"Everything we love about melted cheese — rich, ooey, gooeyness — is right here in this cheeseburger casserole."

1. Heat the oven to 350 F.

2. Bring a large pot of water to a boil. Add 1 tablespoon of the salt and the macaroni and cook until tender but still firm to the bite, 7 to 8 minutes. Drain well.

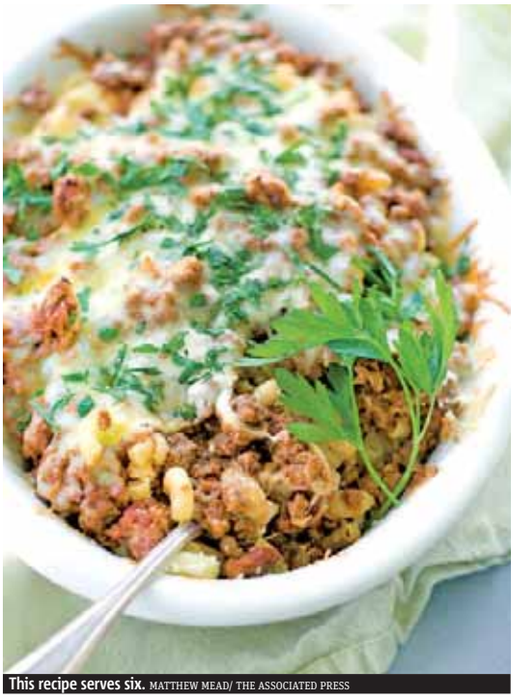
3. Heat a large skillet over medium-high heat. Add the beef and onion and cook, stirring, until the beef is well browned.

4. Carefully drain the fat from the skillet, then stir in the tomato sauce, the remaining 1 teaspoon of salt, and the black pepper. Bring to a simmer over low heat while preparing the remaining ingredients.

5. In bowl, combine ricotta, sour cream, bell pepper and scallions. Spread half of the pasta in a 9-by-13-inch baking dish. Top with the ricotta mixture, then the remaining pasta. Pour the meat mixture over the top. Sprinkle with the cheddar and mozzarella.

6. Bake casserole until the cheese is melted and lightly browned, about 20 minutes. Sprinkle with parsley before serving.

THE ASSOCIATED PRESS/ DAVE VENABLE'S IN THE KITCHEN WITH DAVID, BALLANTINE BOOKS, 2012



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1 tbsp plus 1 tsp kosher salt
- 16-oz package elbow macaroni
- 2 lbs ground beef
- 1 large onion, chopped
- Two 8-oz cans tomato sauce
- 1/8 tsp ground black pepper
- 1 cup ricotta cheese
- 1/4 cup sour cream
- 1/3 cup chopped green bell pepper
- 1/3 cup chopped scallions
- 1/2 cup shredded cheddar cheese
- 1/4 cup shredded mozzarella
- 1/4 cup parsley, chopped

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

Snack bars are the go-to after-school treat for many kids. However, be wary of the empty nutrients.

2 Quaker Peanut Butter Granola Bars

300 calories/ 14 g fat/ 7 g sat fat/ 20 g sugar

Granola bars are not really a snack since they lack the substantial protein and fibre you need. The calories and fat are empty nutrients.

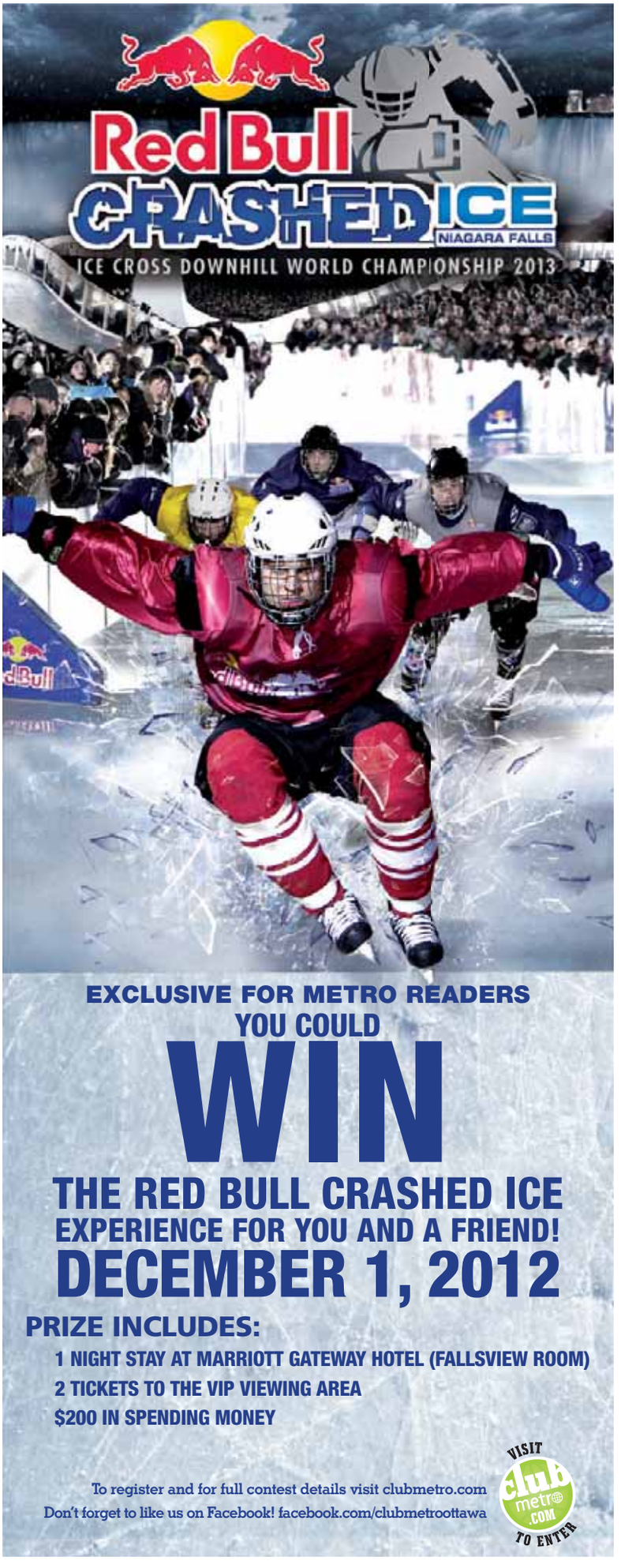
Equivalent

Two Quaker Peanut Butter Granola Bars are equal in fat to seven Honey Drop Timbits from Tim Hortons.

2 Rice Krispie Squares

180 calories/ 6 g fat/ 1 g sat fat/ 16 g sugar

If you want a sweet snack, choose this since the calories and fat are half and there's little saturated fat.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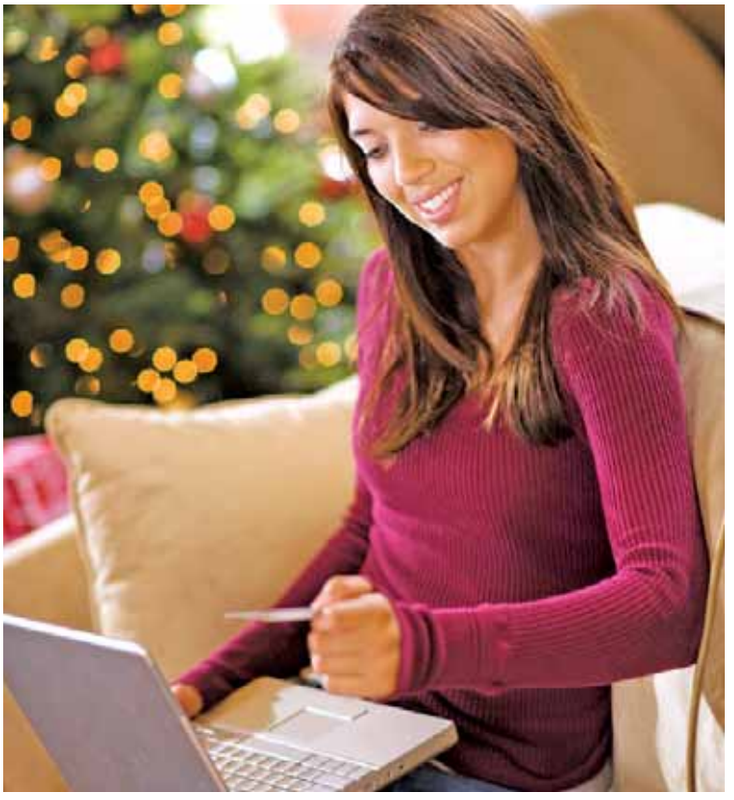
BROWSING ON YOUR BROWSERS

SHOPPERS SURFING FOR THE BEST DEALS



You know by now about Black Friday, the deeply discounted shopping day that kicks off the U.S. Christmas shopping season. But how about Cyber Monday?

As Bill Rand explains it, Cyber Monday grew as an online counterpart to Black Friday, which generally falls after the U.S. Thanksgiving. "The idea was that online retailers would offer great holiday deals the Monday after (American) Thanksgiving similar to the deals that brick and mortar shops offer the Friday after Thanksgiving," says Rand, the assistant professor of marketing and director for the University of Maryland's Robert H. Smith School of Business. But recently, Cyber Monday has become a bit of a misnomer, Rand adds. "Originally, Cyber Monday was on Monday because people would be at their work computers on Monday, but with the growth of the use of tablets and smartphones for online commerce, Cyber Monday had been extended and now many of the deals are offered on Black Friday as well."

That's the emerging trend marking 2012's Cyber Monday — the appearance of deals as early as the Friday morning before. "Given the recovering economy and the fact that consumers are feeling more positive about their wallets than they have in a while, retailers are looking to capitalize on this trend by offering discounts and deals to get them in stores — or in the case of Cyber Monday, on to their website," Rand says. "Black Friday was originally called Black Friday because it was a single shopping day that could put a retailer into the 'black' or profitable for the whole year. And retailers hope that this year will definitely bear out that name."

According to the Toronto-based Interac Association, about 19 per cent of Canadians report they will likely shop online on Cyber Monday. "And according to our Interac survey, online shoppers expect to spend an estimated average of $303 that day," says Teri Murphy, senior manager, corporate and stakeholder relations. Hot items include video games, books, ebooks and DVDs, clothing and accessories, computers, tablets, e-readers, mobile phones and MP3 players.

"And the release of the new Wii U and several major games means the video game market should remain strong," adds Rand. "Other technology items like HD TVs will remain popular. Often during downturns people put off buying new TVs and other consumer durables that are failing, and so as we come out of the downturn these items tend to be purchased at a sharper rate." *— Astrid Van Den Broek*

DEALS 'WORTH IT' FOR CANADIANS

Unlike Black Friday deals, some of which have you packing a sleeping bag to park yourself early in front of Walmart, Cyber Monday deals can be done from the comfort of your laptop.

But how can you best take advantage of these deals?

Hone in on your favourite online stores first such as Amazon or Best Buy, to see if their sites are offering any deals that particular weekend, says Bill Rand, the assistant professor of marketing and director for the University of Maryland's Robert H. Smith School of Business. "Also, search online to see if any of the 'brick and mortar' stores you normally shop at also maintain an online presence," he suggests.

Yet, even with deeply discounted products available, is it worth it for Canadians to try and take advantage of these online deals?

"Given the current exchange rate between the US and Canada — it's almost equal — and the fact that shipping rates are lower than ever, there will be quite a few deals that will still be worth it," says Rand. He also notes that many deals aren't even shipping from the U.S. anymore, so the difference in shipping prices should not be large.

"For instance, Apple has announced a bunch of deals for Friday and most of that ships from China anyway," says Rand. Yet to be sure, when shopping online, check all the additional fees, especially shipping and taxes, before hitting the checkout button.

It also helps if you do some research ahead of time to see how much products generally cost. "Many sites publish deals they plan to offer beforehand so look at these flyers to determine if the price is a good price, or if they just marked up the deal a week before to mark it down again," Rand advises. "Slickdeals.com is a website that has a great reputation for providing research about any deals you find and determining if there is a better deal out there."

What are some of the best sites to check out? Along with Slickdeals.com — which also collects the Black Friday/Cyber Monday deals in one place — FatWallet.com is another site to click on.

"It works as an affiliate merchant which means they provide links to other Web sites and then earn a small commission on any sales originating from FatWallet," Rand says. "FatWallet then returns some commission to consumers so you get the standard deal and you earn a few percentage points back on your purchase as well." *— Astrid Van Den Broek*

[1]LIMITED TIME OFFER. Offer valid on qualifying purchases of $20 CDN or more made between Nov. 21, 2012 and Dec. 5, 2012. 20x offer applies to the total base reward miles earned on qualifying purchase amount excluding shipping, duty and taxes. Base Offer may vary. Click on store logo on airmilesshops.ca for Offer details. Collectors must sign in at airmilesshops.ca before purchasing in order to earn reward miles. Offer can be combined with other Bonus reward miles Offers. Does not apply to purchases made at the following stores: Netflix or Rogers Magazine subscriptions (including *Chatelaine, Today's Parent* and *Maclean's).* All other stores are subject to change and may be withdrawn at any time. Reward miles will appear in your account within 120 days.

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BARGAINS A CLICK AWAY

SHARE TO EARN REWARDS WITH NEW MARKETPLACE ONLINE AT SHOP.CA

Pam Bryant loves a good deal, and when she signed up at the online mall shop.ca, she didn't know the half of it.

What caught the eye of 38-year-old Bryant was the $25 sign-up bonus, which she could use on her first purchase of $100. She went shopping on the website almost immediately, bought a well-priced LED TV, and used the bonus money towards it. Bryant liked the TV so much she shared the purchase on her Facebook wall and a few weeks later, posted a review — and that's when things got really good. When one of her friends clicked on her post and signed up to shop.ca, Bryant got a referral credit of $25. Then, when her friend spent her first $75 on the same TV, Bryant received 1 per cent of that purchase amount in her account too.

"It was way more than I bargained for," says Bryant, a wife and mom in Hamilton, Ont. "It's all about sharing information on my social networks, which I do all the time anyway, and now I get cash rewards in return."

"Our innovative Social Loyalty Network sets us apart from any other Rewards program," says Trevor Newell, founder and president of shop.ca. "We want Canadians to share the products they love with their friends, and we'll reward them for doing so every step — and share — of the way."

Shop.ca is a new and exciting online marketplace that features millions of products and thousands of brands from around the world. You can buy everything from living room furniture to pillows and tools.

Shop.ca has streamlined the whole process of online shopping in Canada, according to Drew Green, founder and chief executive officer.

When you buy at shop.ca, all your purchases go into one shopping cart, with a simple checkout process and multiple payment options. Once ordered, shop.ca ensures your order is delivered right to your door.

There aren't cross-border duty charges — or hassles — and there's no charge for shipping or returns. The return policy gives you up to 365 days to return an item.

Says Green: "We also have an amazing team of customer loyalty leaders right here in Canada who chat on the phone or online with you. They've even been known to drive to houses to get a product to somebody if there's been a delivery hiccup."

THE SOCIAL LOYALTY NETWORK

Do you like to talk to your friends about the things you buy? Now you can turn that pastime into cash, says Trevor Newell, founder and president of shop.ca.

Members of the Social Loyalty Network at shop.ca can get from 1 to 2.5 per cent cash rewards when they share their purchases and post reviews via Facebook, Twitter, LinkedIn or by email. They can also earn when a friend buys the same product from a link they shared.

Members also get $25 for every person they refer to shop.ca and when that friend makes a first purchase of $75 or more.

Sign-up is free and all new members get a $25 sign-up bonus to spend on a $100 purchase and 0.5 per cent cash rewards as a starting point on every purchase they make. That 0.5 per cent can turn into 2.5 per cent when they share and earn at shop.ca.

THE WORLD'S COOLEST 'ROBOT TOYS'

KIDS OF ALL AGES WILL LOVE THESE CYBER TOYS

For Cyber Monday, shop.ca offers both the Sphero and Robosapien at a special price of $109 each. But if you sign up today and become a member of shop.ca, you can use the $25 sign-up bonus against the price.

THE AMAZING SPHERO

The Sphero is being heralded as the year's hottest gadget toy.

The Sphero smart "robot" is housed in a round and durable shell roughly the size of a baseball. You control it with a tilt, touch, or swing from your smartphone or tablet. Or, you can use Sphero as a controller for on-screen games.

Sphero is IOS- and Android-compatible, and there are lots of games and apps available for download.

With the Sphero Golf app, for example, create a "hole," then swing your smartphone to put Sphero towards it.

The Chromo app lets you challenge yourself in a new way — by holding Sphero in your hand and moving it to match colours on your screen.

Or, download Sharky the Beaver, the first app that lets you take a virtual three-dimensional character for a walk around your house.

You get more than an hour of non-stop play, with cable-free induction charging.

THE WORLD'S FRIENDLIEST HOME ROBOT

Bring home WowWee's 14-inch Robosapien remote control robot — and watch the fun and silliness begin.

Designed by a NASA scientist, Robosapien has a full range of motions and interactive sensors as well as a unique personality.

Robosapien has fast, full function arms with grippers and working hands, and can walk, run and turn, shake hands, and even speak fluent international "caveman."

In all, there are 67 pre-programmed functions including pick-up, throw, kick, sweep, dance, belch, rap, and many different kung-fu moves.

Robosapien is easy-to-use with no complicated setup or need for a computer. It is easily controlled by an ergonomic remote and runs on regular batteries for more than six hours.

Passionately pursue after an early punch

The bounce back.
Meet two graduates whose early introductions to failure led to bright futures

ANDY MURDOCH,
DALHOUSIE UNIVERSITY
life@metronews.ca

Most new graduates leave university confidently imagining perfect future lives, but many won't learn one main truth until after graduation: Few lives work out exactly as planned.

It's not until we face trials and errors head-on that a right path appears to us, often out of the blue. So if everyone's future is uncertain, why do today's students feel such intense pressure to make watertight plans so early on?

Maybe it's the age. Millennials face hurdles unheard of 30 years ago. With nearly a million unemployed Canadians under 30, endless contract jobs, overheated house prices and rising debt from taking on graduate and undergraduate degrees, today's alumni have every right to feel stressed.

But a university degree still carries enormous economic clout. And there is hope: We sought out two Dalhousie University alumni who faced challenges in finding their way. Their stories illustrate key lessons on bouncing back from failure.

Fail fast and fail early

Ben Graham was hired at PartSelect.com 10 years ago to drive the company's transition from a failing business-to-business sales model to a direct-to-consumer operation. Today, he's director of e-commerce with 50 staff, managing an office that recently doubled its square footage to accommodate that growth.

That said, Graham can recite a list of failures that led him to success.

At the height of the first dot-com bubble burst.

"There were people in California by the side of the road with signs saying 'will code for food.' It was terrible. I was in this program in debt way past my eyeballs, wondering what to do."

At 26, he was back in a university statistics class. He finished his degree, met his future wife, and started with PartSelect after graduation.

Failures, Graham says, are not simply errors. You gain something from a failure. When his team sits down to scope out a business idea, they can plan it in detail, but know at some point it might fail in real time.

"We'll thrash and fight our way to make it work, but if it doesn't and we decide to pull the plug, it's never looked on as being a failure."

As one tries more of these experiments, he says, the risk/benefit curve starts to play out. Some will work, and when they do, they pay off.

"A lot of it is gut feeling. That's just the way the world is," he says. "You just have to keep taking risks and eventually you're going to get your payday."

That approach to failure is one echoed by Dr. Aaron Newman, Canada Research Chair in Cognitive Neuroscience. "Fail fast, fail early and fail a lot," says Newman.

Newman researches how learning shapes the brain. He's developing video games that teach second languages with a Halifax company called Copernicus studios. "One of the core features that we are working into the design of all these games is the fact that people really need to get over their inhibitions (about failure)."

If we concentrate too much on the pain that failures bring, then we miss the chance of learning how to come back with a swing. ISTOCK

The upside of worry

Still worried about the future? That's not necessarily a bad thing, says Jeannette Hung, a career counsellor at Dalhousie. She deals with anxious people all the time. She says anxiety is a natural reaction, a good reaction and a great starting point.

- "I'd rather have someone come to me feeling anxious about the future than not," says Hung. "It means they are motivated to succeed."

Age and brain development have little to do with learning capacity, he says. Instead, much depends on us overcoming performance anxiety.

Newman's colleague, Associate Professor Simon Sherry, agrees. Sherry studies perfectionists. With more students visiting university counsellors to cope with anxiety, he believes fear of failure is rife on Canadian university campuses.

"We place an awful lot of pressure on people today and they are perceiving it and suffering accordingly," he says.

Find yourself faster

Shared values and pride sealed Angelica Ciurlia's connection to a sustainable path in life. She remembers a first-year camping trip with students from the environment, sustainability and society program at Dalhousie University.

"Everyone was really close and there was a lot of bonding," she recalls. "It was something I could see myself in." Then Ciurlia fell into a common trap. She socialized too much and let her academics slide. "I had a really good time in first year. That dragged me down, because it's really hard to bring your GPA up after all that kind of stuff."

Savour the slip-ups

"A lot of it is gut feeling. That's just the way the world is. You just have to keep taking risks and eventually you're going to get your payday"
Ben Graham
Director of e-commerce at PartSelect.com

Failure stung, but pride kicked in. She had paid for most of her schooling and didn't want to waste more time or money. "I didn't want to lose out on the opportunity, because you only have four years," she says. "So I had to learn from my mistakes and apply myself."

Ciurlia graduated as one of the college's first alumna with two awards — most improved student and best thesis project. Her thesis, an examination of laboratory waste at Dalhousie, also earned her a job. "I am working with the (Dalhousie) Office of Sustainability, trying to develop a strategy to implement recycling programs or a greening the labs program."

Ciurlia's first-year crisis is one that Suzanne Sheffield, of Dalhousie's Centre for Learning and Teaching, acknowledges can be a difficult one from which to recover. Twenty years ago, people went to university to find themselves, she says, while today they expect to find a career. If their chosen path doesn't work out, change seems almost unimaginable.

"The problem is, students make decisions without knowing any of the possibilities that are out there for them," Sheffield says.

That's why Sheffield acknowledges the benefits of a curriculum that balances foundational study with applied learning. "If students apply and practise their knowledge, even in first-year courses, this speeds up the connection and focuses learning," she says.

ORIGINALLY PUBLISHED IN DALHOUSIE MAGAZINE

OTTAWA SCHOOL OF ART
Notice of Annual Meeting of Members

TAKE NOTICE that the annual meeting of members of the Ottawa School of Art will be held at the Ottawa School of Art, 35 George St. in the City of Ottawa on Wednesday, November 28, 2012 at 7pm for the purpose of: hearing and receiving reports and statements, electing directors, appointing an auditor and the transaction of any other business for which purpose the notice has been given.

For information please call 613-241-7471 or visit artottawa.ca.

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Are you driving all your co-workers coconuts?

Offensive at the office. Have your colleagues been ducking under their desks when you approach? You might want to rethink your behaviour

BRUCE WALSH
TalentEgg.ca

Have a co-worker who creeps over the cube walls? ISTOCK

Author and motivational speaker Rick Brinkman has been speaking to companies for over two decades. In the mid-'90s he co-authored the workplace classic, Dealing With People You Can't Stand, utilizing psychological research to help co-workers avoid brawling in the cubicles.

What's the most common type of annoying co-worker?
Annoying is in the eye of the beholder, and there are different types of annoying people. For instance: If someone makes commitments they don't keep, I might find that annoying to no end. But you may intuitively know how to slow down and make it safe for that person to make a realistic commitment. Your particular annoyance may be whining. But that doesn't even show up on my radar.

How do you know if you are, in fact, the annoying person at work?
When people read our book, they tend to recognize what they do very quickly. It's somewhat innocent, and we all do at least one of these behaviours now and again. It's just that there are certain ones we're more likely to go to under stress.

How do you cut back on your own annoying behaviours?
You can start by recognizing the particular type of negative behaviour that comes out of you under stress. Then ask yourself, "How is this working for me? Am I getting what I want? What reactions am I getting from others?" Usually people find that this behaviour is creating their own worst nightmare. Once they realize that, it's easier to change.

Is there a difference between how we exhibit these behaviours at home versus the workplace?
Yes! It can be totally opposite. Some people are a total "tank" (overly controlling) at work and a "nothing" (nonresponsive) at home. I recently interviewed a CEO who was very much a get-it-done control person at work. But she noticed she was whining to her husband about the business. Her husband could not understand how she could run a company, because she constantly presented herself as a victim. But the behaviour is totally different, because the context of the relationship is totally different.

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CONSIDER A CAREER AS A PARALEGAL

Did you know that to practice as a Paralegal in Ontario you must be licensed by the Law Society of Upper Canada (LSUC)? In order to write the LSUC licensing exam,you must graduate from a program of study accredited by LSUC.

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The In-Credibility Factor

Name: Cassandra Rush
City: Langley, B.C.
Age: 29
Occupation: Founder of Sassy Cassy's Boots Inc.

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Cassandra Rush loved boots, but was frustrated when she would try some of them on and the zippers wouldn't go all the way to the top. After doing some research, she realized that no one was offering boots with different calf sizes. Securing a loan through the Canadian Business Foundation, Rush developed a business plan and travelled to Mexico to work with a manufacturer. Sassy Cassy's Boots was born and today she designs and manufactures her specialty boots that are worn by celebrities — and happy customers everywhere.

I knew I was on my way when... I went to the Country Music Awards and worked with celebrities who saw my product and loved it. They were able to provide testimonials for my product and that built the marketing foundation for my company. People saw celebrities wearing my boots and that made Sassy Cassy's successful in the marketplace. I've joined shoe associations and hired sales reps to sell the product across Canada, the U.S. and online. Great things take time, but I'm looking forward to a successful future.

Action Plan

• **Be money smart**
When a lot of people start a new business, they think they will be successful right away, but it takes five years to be noticed in the marketplace. You have to be money smart to get you through the first years of your business.

• **Find free marketing**
Embrace all your free marketing initiatives to the fullest potential. Social media, articles, whatever you can find, take full advantage of everything to grow your business.

• **Don't give up**
You will go through ups and downs in your business and there will always be people who say no. But at the end of the day, there will be a door that opens. As long as you have a dream and a vision, it can come true!

Cassandra Rush. PROVIDED

It's all a boot patience

"Great things take time, but I'm looking forward to a successful future."

Cassandra Rush
Founder of Sassy Cassy's Boots Inc.

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4 SPORTS

Sports in pictures

1 Auto racing. Vettel toughs out wild F1 finale

Sebastian Vettel overcame a first-lap crash to clinch his third straight Formula One championship title on Sunday, finishing sixth in an incident-filled Brazilian Grand Prix won by Jenson Button under pouring rain in Sao Paulo. THE ASSOCIATED PRESS

2 Golf. McIlroy proves clutch in Dubai

Rory McIlroy made five straight birdies down the stretch to overtake Justin Rose and win the Dubai World Championship on Sunday. THE ASSOCIATED PRESS

3 NBA. Spurs' Parker burns Raptors in OT

Tony Parker scored seven of his game-high 32 points in double overtime as the San Antonio Spurs handed the Toronto Raptors their fourth straight loss, 111-106, on Sunday afternoon. THE CANADIAN PRESS

Argonauts running back Andre Durie celebrates his fourth-quarter touchdown against the Calgary Stampeders in the Grey Cup game on Sunday night in Toronto. SEAN KILPATRICK/THE CANADIAN PRESS

Argos give Toronto a championship

100th Grey Cup. Hosts hold on to win after hot start vs. Stampeders

Grey Cup game	
35	22
Argonauts	Stampeders

A rugged defence staggered the Calgary Stampeders before Ricky Ray delivered the knockout punch and earned the Toronto Argonauts a historic Grey Cup victory Sunday.

Toronto's defence, under the guidance of former Calgary assistant Chris Jones, held CFL rushing leader Jon Cornish to 57 yards while pressuring quarterback Kevin Glenn before Ray's seven-yard TD pass to Andre Durie late in the game cemented the Argonauts' 35-22 win in the 100th edition of the CFL championship.

Ray, obtained last December in a blockbuster trade with Edmonton, finished 18-of-30 passing for 231 yards and two TDs.

The Argos dominated a potent Calgary offence that scored 51 TDs this season — tied with Montreal for the league lead — holding it to just four field goals before Maurice Price's TD catch and two-point conversion with 20 seconds remaining.

Defensive back Pacino Horne brought the rabid Rogers Centre sellout crowd of 53,208 to its feet in the opening half. His key 25-yard TD interception return staked Toronto to a dominant 18-point halftime advantage.

Calgary came in as the CFL's hottest team with 13 wins in 15 games after opening the season 3-4. Glenn guided the club to nine wins in 14 starts after incumbent Drew Tate injured his shoulder, then replaced the injured Tate (forearm) to lead the Stampeders past the defending Grey Cup-champion B.C. Lions in last weekend's West final.

Calgary also boasted the CFL's top rusher in Cornish, the league's top Canadian after running for 1,457 yards this season.

But Glenn and Co. had no answer for Toronto's swarming defence as the Argos ended their season with a fifth straight victory.

"We didn't start well. We didn't take advantage of their turnover and they got two touchdowns on theirs," Stampeders coach John Hufnagel said. "But the bottom line was that we didn't get the ball into the end zone until the game was out of reach."

THE CANADIAN PRESS

Kackert runs away with Grey Cup MVP award

Argonauts running back Chad Kackert runs the ball up field during the third quarter of Sunday's Grey Cup game. NATHAN DENETTE/THE CANADIAN PRESS

Toronto Argonauts running back Chad Kackert was named the outstanding player of the 100th Grey Cup.

Kackert's 20 carries for 133 yards helped lift the Argos to a 35-22 win over the Calgary Stampeders on Sunday.

He also recorded eight catches for 62 yards.

Kackert was an impact player for Toronto throughout the post-season.

The Simi Valley, Calif., native scored twice as the Argos downed the Edmonton Eskimos in the East Division semifinal two weeks ago.

He then added a spectacular 49-yard TD run up the middle to give Toronto the lead in an upset 27-20 victory in Montreal in the East final last Sunday.

Argos defensive end Ricky Foley was named the game's most outstanding Canadian.

The 30-year-old from Courtice, Ont., had four tackles, one fumble recovery and one sack for five yards.

Foley joined Toronto in 2010 after four seasons with the B.C. Lions.

THE CANADIAN PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	10	3	.769	—
New York	9	3	.750	1/2
Brooklyn	8	4	.667	1 1/2
Milwaukee	6	5	.545	3
Atlanta	8	4	.667	1 1/2
Charlotte	7	5	.583	2 1/2
Philadelphia	8	6	.571	2 1/2
Boston	8	6	.571	2 1/2
Chicago	6	6	.500	3 1/2
Indiana	6	8	.429	4 1/2
Orlando	5	8	.385	5
Cleveland	3	10	.231	7
Detroit	3	11	.214	7 1/2
Toronto	**3**	**11**	**.214**	**7 1/2**
Washington	0	11	.000	9

WESTERN CONFERENCE

	W	L	Pct	GB
Memphis	9	2	.818	—
San Antonio	11	3	.786	1/2
Oklahoma City	10	4	.714	1/2
L.A. Clippers	8	5	.615	2
Golden State	8	6	.571	21/2
Denver	7	6	.538	3
Utah	7	7	.500	31/2
Dallas	7	7	.500	31/2
L.A. Lakers	7	7	.500	31/2
Portland	6	7	.462	4
Houston	6	7	.462	4
Phoenix	6	8	.429	41/2
Minnesota	5	7	.417	41/2
Sacramento	4	9	.308	6
New Orleans	3	8	.273	6

Division leaders ranked in top four positions and best eight teams qualify for playoffs

Sunday's results
San Antonio 111 **Toronto 106** OT
New York 121 Detroit 100
Brooklyn 98 Portland 85
Philadelphia 104 Phoenix 101
Boston 116 Orlando 110 OT
New Orleans at Denver

Saturday's results
Oklahoma City 116 Philadelphia 109 OT
Atlanta 104 L.A. Clippers 93
Charlotte 108 Washington 106 OT
Miami 110 Cleveland 108
L.A. Lakers 115 Dallas 89
Chicago 93 Milwaukee 86
Sacramento 108 Utah 97
Golden State 96 Minnesota 85

Monday's games — All Times Eastern
San Antonio at Washington, 7 p.m.
New York at Brooklyn, 7 p.m.
Portland at Detroit, 7:30 p.m.
Charlotte at Oklahoma City, 8 p.m.
Cleveland at Memphis, 8 p.m.
Milwaukee at Chicago, 8 p.m.
Denver at Utah, 9 p.m.
New Orleans at L.A. Clippers, 10:30 p.m.

Tuesday's games
Dallas at Philadelphia, 7 p.m.
Phoenix at Cleveland, 7 p.m.
Toronto at Houston, 8 p.m.
Minnesota at Sacramento, 10 p.m.
Indiana at L.A. Lakers, 10:30 p.m.

Wednesday, November 28
San Antonio at Orlando, 7 p.m.
Portland at Washington, 7 p.m.
Phoenix at Detroit, 7:30 p.m.
Brooklyn at Boston, 7:30 p.m.
Charlotte at Atlanta, 7:30 p.m.
Dallas at Chicago, 8 p.m.
Toronto at Memphis, 8 p.m.
New York at Milwaukee, 8 p.m.
Houston at Oklahoma City, 8 p.m.
Utah at New Orleans, 8 p.m.
Minnesota at L.A. Clippers, 10:30 p.m.

SPURS 111, RAPTORS 106 (2OT)

AT TORONTO
SAN ANTONIO (111)
Parker 14-27 3-4 32, Duncan 11-21 4-4 26, Ginobili 5-15 4-4 15, Green 5-13 0-0 13, Diaw 5-10 0-0 11, Splitter 1-4 3-5 5, Neal 1-6 1-2 4, Mills 1-2 0-0 3, Blair 1-5 0-0 2. Totals 44-103 15-19 111.
TORONTO (106)
Derozan 11-28 7-8 29, Valanciunas 9-13 4-5 22, Lowry 6-16 4-4 20, Davis 7-11 1-2 15, Calderon 3-14 2-2 9, Bargnani 2-19 0-1 4, Johnson 1-5 2-2 4, Ross 1-4 0-0 3. Totals 40-110 20-24 106.

San Antonio	**24**	**25**	**20**	**19**	**9 —111**
Toronto	**25**	**24**	**21**	**18**	**9 —106**

3-Point Goals—San Antonio 8-27 (Green 3-10, Ginobili 1-7, Parker 1-4, Neal 1-3, Mills 1-2, Diaw 1-1). Toronto 6-24 (Lowry 4-8, Bargnani 0-7, Calderon 1-5, Ross 1-2, Derozan 0-2). **Rebounds—**San Antonio 52 (Green 9, Ginobili 7, Neal 7, Parker 6, Duncan 5, Splitter 5, Diaw 4, Blair 4, Mills 3, Bonner 1, De Colo 1). Toronto 61 (Davis 14, Bargnani 8, Lowry 8, Derozan 7, McGuire 7, Valanciunas 7, Johnson 5, Ross 3, Calderon 2). **Assists—**San Antonio 25 (Duncan 6). Toronto 21 (Calderon 9). **Total Fouls—**San Antonio 18, Toronto 25.
Attendance—19,800. T—2:46

NBA LEADERS

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Bryant, LAL	14	126	97	376	26.9
Durant, Okl	14	119	111	371	26.5
Anthony, NYK	11	100	56	278	25.3
Harden, Hou	13	98	107	327	25.2
James, Mia	13	129	51	327	25.2
Irving, Cle	10	82	47	229	22.9
Westbrook, Okl	14	110	64	305	21.8
Mayo, Dal	14	103	53	301	21.5
Lillard, Por	12	86	40	242	20.2
Bosh, Mia	13	94	73	263	20.2
Gay, Mem	11	84	40	221	20.1
Ellis, Mil	11	85	40	219	19.9
Pierce, Bos	13	81	71	258	19.8
Aldridge, Por	12	95	46	236	19.7
Lopez, Bro	11	91	31	213	19.4
Batum, Por	12	80	37	230	19.2
Bargnani, Tor	**13**	**89**	**43**	**243**	**18.7**
Crawford, LAC	13	79	57	242	18.6
Duncan, SA	13	93	53	240	18.5
Curry, GoS	14	87	50	257	18.4
Walker, Cha	12	79	51	216	18.0
Howard, LAL	14	90	72	252	18.0
Derozan, Tor	**13**	**87**	**53**	**233**	**17.9**
Anderson, NO	11	76	7	197	17.9
Deng, Chi	12	82	40	214	17.8
Griffin, LAC	13	93	45	231	17.8
Holiday, Phi	13	87	35	227	17.5
Jennings, Mil	11	76	23	192	17.5
Matthews, Por	12	74	31	207	17.3
Sessions, Cha	12	66	67	206	17.2
Monroe, Det	13	88	47	223	17.2
Williams, Bro	11	61	48	186	16.9
Randolph, Mem	11	72	40	184	16.7
West, Ind	14	93	46	232	16.6
Dragic, Pho	13	73	47	214	16.5
Parker, SA	12	84	25	198	16.5
Lee, GoS	14	97	36	230	16.4
Martin, Okl	14	64	61	223	15.9
Horford, Atl	11	79	17	175	15.9
Gallinari, Den	12	66	44	191	15.9
Paul, LAC	13	68	58	205	15.8
Felton, NYK	11	70	11	174	15.8
Jefferson, Uta	14	92	33	218	15.6
Parsons, Hou	13	74	23	202	15.5
Smith, NYK	11	63	27	171	15.5

SOCCER

MLS CUP

Saturday, Dec. 1 — All Times Eastern
Houston vs. Los Angeles, 4:30 p.m.

ENGLAND

PREMIER LEAGUE

Sunday's results
Swansea City 0 Liverpool 0
Southampton 2 Newcastle United 0
Chelsea 0 Manchester City 0
Tottenham 3 West Ham United 1

FRANCE

LIGUE 1

Sunday's results
Montpellier 1 Bordeaux 0
Toulouse 3 Lyon 0
Marseille 1 Lille 0

GERMANY

BUNDESLIGA

Sunday's results
Freiburg 3 Stuttgart 0
Hoffenheim 1 Bayer Leverkusen 2
Augsburg 1 Monchengladbach 1

GREECE

ETHNIKI ALPHA

Sunday's results
Kerkyra 1 Veria 1
Asteras Tripolis 2 Panionios 1
Platanias 2 Panathinaikos 1
PAOK 1 Olympiacos 1

ITALY

SERIE A

Sunday's results
Atalanta 0 Genoa 1
Chievo 0 Siena 0
Pescara 0 Roma 1
Sampdoria 1 Bologna 0
Torino 2 Fiorentina 2
AC Milan 1 Juventus 0

NETHERLANDS

EREDIVISIE

Sunday's results
Roda JC 1 Ajax 2
AZ Alkmaar 0 Feyenoord 2
PSV Eindhoven 1 Vitesse 2
FC Twente 2 PEC Zwolle 2

PORTUGAL

LA LIGA

Sunday's results
Nacional 1 Estoril Praia 0
Vitoria de Setubal 3 Rio Ave 5
Academica de Coimbra 2 Gil Vicente 2
Sporting Braga 0 FC Porto 2

SPAIN

PRIMERA

Sunday's results
Espanyol 0 Getafe 2
Athletic Bilbao 1 Deportivo La Coruna 1
Atletico Madrid 4 Sevilla 0
Levante 0 Barcelona 4

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Manchester	18	9	6	2	1	49	43	21
Worcester	18	9	7	1	1	50	56	20
St. John's	19	9	9	0	1	46	53	19
Portland	18	8	8	1	1	57	61	18
Providence	16	7	8	0	1	33	48	15

NORTHEAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Springfield	17	10	3	1	3	59	36	24
Bridgeport	17	10	7	0	0	56	57	20
Connecticut	17	9	7	1	0	58	57	19
Adirondack	17	9	8	0	0	44	47	18
Albany	16	4	7	0	5	37	49	13

EAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Syracuse	17	12	3	1	1	65	42	26
Binghamton	16	10	4	1	1	45	38	22
W-B/Scranton	18	11	7	0	0	48	40	22
Hershey	18	7	10	1	0	44	53	15
Norfolk	17	7	10	0	0	48	58	14

WESTERN CONFERENCE

NORTH DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Abbotsford	18	12	2	2	2	51	32	28
Lake Erie	19	10	7	1	1	60	57	22
Rochester	16	9	6	1	0	58	48	19
Toronto	18	9	8	0	1	58	52	19
Hamilton	16	6	8	1	1	34	52	14

MIDWEST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Grand Rapids	17	10	5	1	1	62	53	22
Chicago	17	8	6	2	1	49	54	19
Rockford	18	9	8	0	1	56	57	19
Milwaukee	18	8	8	1	1	51	56	18
Peoria	18	6	9	2	1	43	66	15

SOUTH

	GP	W	L	OTL	SOL	GF	GA	Pt
Charlotte	19	12	5	0	2	67	52	26
Oklahoma City	18	11	5	1	1	62	53	24
Houston	18	9	6	1	2	61	55	21
Texas	16	7	7	1	1	37	47	16
San Antonio	17	4	10	0	3	39	55	11

Note: Two points awarded for a win, one for an overtime or shootout loss.

Sunday's results
Syracuse 6 Worcester 1
Portland 3 Manchester 2 (OT)
Connecticut 3 Springfield 2
Oklahoma City 7 Charlotte 2
W-B/Scranton 5 Albany 4 (SO)
Milwaukee 3 Grand Rapids 2
Lake Erie 4 Hamilton 1
Texas 5 San Antonio 3
Toronto 2 Hershey 4
Providence 0 St. John's 6
Abbotsford 2 Houston 3 (OT)

Saturday's results
Syracuse 4 Albany 1
Portland 1 Worcester 5
Norfolk 2 Connecticut 5
Manchester 4 Springfield 3 (SO)
Hershey 1 Adirondack 3
Bridgeport 1 Binghamton 6
Toronto 1 W-B/Scranton 2
Oklahoma City 4 Charlotte 2
Providence 3 St. John's 2 (SO)
Rockford 4 Lake Erie 3 (SO)
Abbotsford 3 San Antonio 2 (SO)
Milwaukee 4 Chicago 3 (SO)
Grand Rapids 4 Peoria 1

Tuesday's game — All Times Eastern
Texas at Rockford, 8:05 p.m.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	8	3	0	.727	407	244
Miami	5	6	0	.455	211	226
N.Y. Jets	4	7	0	.364	221	290
Buffalo	4	7	0	.364	243	319

SOUTH

	W	L	T	Pct	PF	PA
Houston	10	1	0	.909	327	211
Indianapolis	7	4	0	.636	230	273
Tennessee	4	7	0	.364	238	335
Jacksonville	2	9	0	.182	188	308

NORTH

	W	L	T	Pct	PF	PA
Baltimore	9	2	0	.818	283	219
Pittsburgh	6	5	0	.545	231	210
Cincinnati	6	5	0	.545	282	247
Cleveland	3	8	0	.273	209	248

WEST

	W	L	T	Pct	PF	PA
Denver	8	3	0	.727	318	221
San Diego	4	7	0	.364	245	237
Oakland	3	8	0	.273	218	356
Kansas City	1	10	0	.091	161	301

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	6	4	0	.600	267	216
Washington	5	6	0	.455	295	285
Dallas	5	6	0	.455	242	262
Philadelphia	3	7	0	.300	162	252

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	10	1	0	.909	294	216
Tampa Bay	6	5	0	.545	310	254
New Orleans	5	6	0	.455	308	304
Carolina	2	8	0	.200	184	243

NORTH

	W	L	T	Pct	PF	PA
Chicago	8	3	0	.727	277	175
Green Bay	7	3	0	.700	263	207
Minnesota	6	5	0	.545	248	249
Detroit	4	7	0	.364	267	280

WEST

	W	L	T	Pct	PF	PA
San Francisco	8	2	1	.773	276	155
Seattle	6	5	0	.545	219	185
St. Louis	4	6	1	.409	205	254
Arizona	4	7	0	.364	180	227

WEEK 12

Sunday's results
Miami 24 Seattle 21
Cincinnati 34 Oakland 10
Indianapolis 20 Buffalo 13
Cleveland 20 Pittsburgh 14
Jacksonville 24 Tennessee 19
Denver 17 Kansas City 9
Chicago 28 Minnesota 10
Atlanta 24 Tampa Bay 23
Baltimore 16 San Diego 13
San Francisco 31 New Orleans 21
St. Louis 31 Arizona 17
Green Bay at N.Y. Giants

Monday's game — All Times Eastern
Carolina at Philadelphia, 8:30 p.m.

WEEK 13

Thursday's game
New Orleans at Atlanta, 8:20 p.m.

Sunday's games
Arizona at N.Y. Jets, 1 p.m.
Carolina at Kansas City, 1 p.m.
Indianapolis at Detroit, 1 p.m.
Jacksonville at Buffalo, 1 p.m.
Seattle at Chicago, 1 p.m.
New England at Miami, 1 p.m.
Houston at Tennessee, 1 p.m.
Minnesota at Green Bay, 1 p.m.
San Francisco at St. Louis, 1 p.m.
Tampa Bay at Denver, 4:05 p.m.
Cleveland at Oakland, 4:25 p.m.
Cincinnati at San Diego, 4:25 p.m.
Pittsburgh at Baltimore, 4:25 p.m.
Philadelphia at Dallas, 8:20 p.m.

GOLF

PGA DUBAI WORLD TOUR CHAMPIONSHIP

At Dubai, United Arab Emirates
Par 72
Final Round

Rory McIlory	66-67-66-66—265
Justin Rose	68-68-69-62—267
Luke Donald	65-68-66-71—270
Charl Schwartze	68-67-67-68—270
Louis Oosthuizen	67-67-68-69—271
Branden Grace	69-65-70-68—272
Thongchai Jaidee	68-69-68-68—273
Henrik Stenson	68-68-69-68—273
Sergio Garcia	73-64-73-64—274
Fredrik Andersson Hed	67-69-72-66—274
Padraig Harrington	67-71-68-68—274
Gonzalo Fernandez-Castano	66-72-68-68—274
Jamie Donaldson	68-68-69-69—274
Scott Jamieson	68-69-72-66—275
Peter Lawrie	68-72-67-68—275
Miguel Angle Jimenez	71-71-69-65—276
Stephen Gallacher	68-70-72-66—276
Raphael Jacquelin	69-67-71-69—276
Peter Hanson	69-67-70-70—276
Joost Luiten	69-68-67-72—276
Also:	
Martin Kaymer	67-70-72-69—278
Nicolas Colsaerts	68-68-74-69—279
Lee Westwood	67-74-71-72—284

PGA WORLD RANKINGS

Through November 25

1. Rory McIlroy	12.59
2. Luke Donald	9.06
3. Tiger Woods	9.00
4. Lee Westwood	6.60
5. Adam Scott	6.59
6. Louis Oosthuizen	6.15
7. Justin Rose	6.08
8. Jason Dufner	5.83
9. Webb Simpson	5.71
10. Brandt Snedeker	5.64
11. Bubba Watson	5.49
12. Phil Mickelson	5.21
13. Ian Poulter	5.16
14. Steve Stricker	5.08
15. Keegan Bradley	4.98
16. Nick Watney	4.94
17. Matt Kuchar	4.88
18. Dustin Johnson	4.81
19. Peter Hanson	4.77
20. Ernie Els	4.69

CFL

PLAYOFFS

100TH GREY CUP

Sunday, Nov. 25
At Toronto
Toronto vs. Calgary

Horoscopes

Aries
March 21 - April 20
No matter how high you have flown in the past you will fly even higher this coming week. The Sun linked to Uranus in your sign will endow you with courage and confidence — but most of all with a sense of adventure.

Taurus
April 21 - May 21
Sacrifices will have to be made but there is no reason why they should be painful. The secret is to not let yourself get so attached to material things. Money is important, of course, but next to love and laughter it means nothing.

Gemini
May 22 - June 21
Let other people guide you this week. It will do you good to let family and friends take responsibility for making important decisions — and free up time and energy for you to have fun of a more personal kind.

Cancer
June 22 - July 23
Because you are such a generous soul you find it hard to say no when others ask you to help, but the planets warn you could end up taking on more than you can handle this week. Put your own health and happiness first.

Leo
July 24 - Aug. 23
If you insist that the world conforms to your way of thinking then, to put it bluntly, you are going to be disappointed. Why would you want everyone to think like you anyway?

Virgo
Aug. 24 - Sept. 23
Rise above petty people and petty squabbles today – let nothing disturb your peace of mind. Remember: it is not what others say or do that is important but how you choose to react to it. So don't react.

Libra
Sept. 24 - Oct. 23
It may seem as if you are getting lots done but according to the planets you are running around for no good reason. It's time to slow down a bit and take more care of what you are doing. Think quality, not quantity.

Scorpio
Oct. 24 - Nov. 22
Try not to do things for no better reason than you want to convince the doubters that you have what it takes. If you do that then in effect you are letting them dictate the course of events.

Sagittarius
Nov. 23 - Dec. 21
Today's Sun-Uranus link encourages you to do something out of the ordinary, something that shakes up the cozy little world you inhabit. If there is one thing you should always aim to avoid it is being predictable.

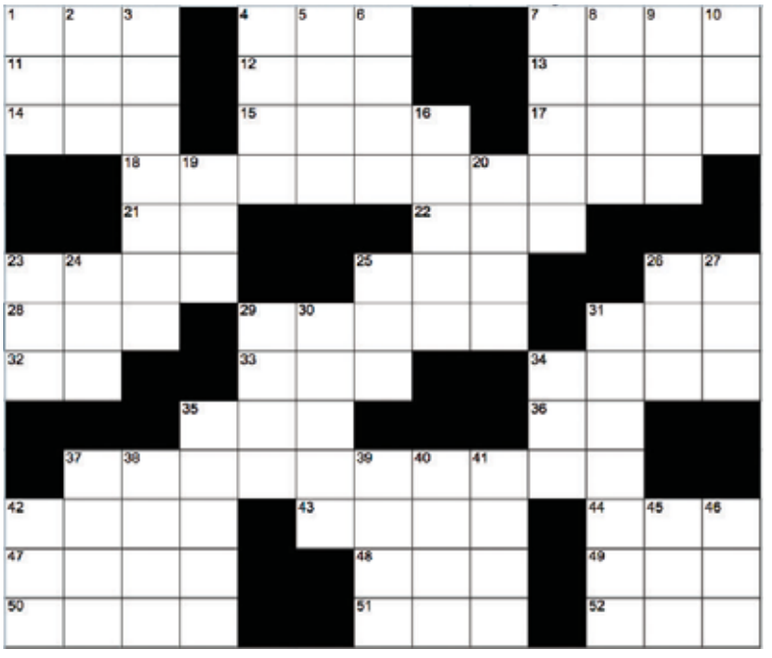
Capricorn
Dec. 22 - Jan. 20
Think about who you are, where you are going and what kind of an impression you want to make on the world. That might sound a bit heavy for the start of the week but you're in a philosophical mood.

Aquarius
Jan. 21 - Feb. 19
You will have to deal with a situation today that has occurred in one form or another many times before. If you can see the parallels with past events then it should be easy. If you don't, you'll make the same mistakes.

Pisces
Feb. 20 - March 20
A rival will underestimate how serious you are about your ambitions and that puts you at an advantage. For too long you have kept in the background when you should have been center. Go for it! **SALLY BROMPTON**

Crossword

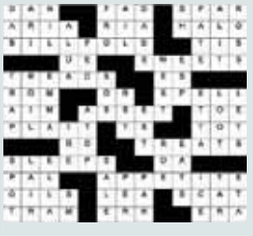
BY BETTY MARTIN



Across
1. Room often found in the basement
4. Graduation headpiece
7. Not bogus
11. One Day -- – Time (2 words)
12. Served at Cheers
13. Rowboat need
14. Lie on the beach
15. Actress Russo
17. Previously driven car
18. Children living at home
21. Granny on The Beverly Hillbillies (init.)
22. Major —
23. Above
25. Cone bearing tree
26. The World — War
28. — the season
29. Comic DeGeneres
31. — Lanka
32. San Francisco's st.
33. Small inlet
34. Singer James
35. Fault
36. —, myself and I
37. Out in front, often
42. Naked
43. Monicker
44. Caustic substance
47. Statuesque model
48. Old time actor Chaney
49. — Hudson Street
50. Printers measure
51. Breakfast choice
52. Country roads (abbr.)

Down
1. Alleyway denizen
2. Estimated time of arrival at airports
3. Halloween treats
4. Nag
5. Aweather
6. I am Sam actor Sean —
7. Face shape
8. — Meets West
9. Greek God of War
10. Hallucinogenic drug (abbr.)
16. Frasier's dog
19. Make a mistake (abbr.)
20. Merit
23. Non-prescription drug (abbr.)
24. Type of rail system
25. Tampa st.
26. Drama or dance
27. Carrere of Relic Hunter
29. Actor McCormack of Will & Grace
30. Type of closet
31. Radiant
34. Australian bird
35. Part I, in a play
37. Akin
38. Russian mountain range
39. — of the Century
40. Dirty air
41. Ancient art & science: — Shui
42. E-bay requirement
45. Nevertheless
46. Employee self-service (acronym)

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

		9				2		
			8		4			
8	4						7	9
		5	6		3	8		
4	6						5	1
		8	5		7	4		
1	2						8	7
			9		6			
		4				3		

Yesterday's Sudoku

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12 Tribeca AWD
- Loaded, A/C, Auto
- st: 34459
- km: 9731

$32,840
$247*** Bi-weekly

08 Santa Fe GLS AWD
- Loaded, A/C, Auto
- st: 34319
- km: 91721

$13,940
$146* Bi-weekly

10 Toyota RAV4 4WD
- Loaded, A/C, Auto
- st: 34484
- km: 40240

$20,860
$157*** Bi-weekly

08 Patriot 4WD
- Loaded, A/C,
- st: 34529
- km: 95605

$10,830
$114* Bi-weekly

12 Wrangler Sahara 4WD
- Unlimited, Loaded, Auto
- st: 34330
- km: 26171

$28,940
$218*** Bi-weekly

09 Acura MDX AWD
- Loaded, A/C, Roof, Lthr, Auto
- st: 34435
- km: 38157

$29,870
$256** Bi-weekly

11 Honda CR-V LX 4WD
- Loaded, A/C, Auto
- st: 34357
- km: 14374

$22,850
$172*** Bi-weekly

08 Sportage LX 4WD
- Loaded, A/C, Auto
- st: 34307
- km: 98209

$10,870
$114* Bi-weekly

11 Benz C250 AWD
- 4Matic, Loaded, Lthr, Roof
- st: 34463
- km: 40030

$29,970
$226*** Bi-weekly

09 Vibe AWD
- A/C, Auto
- st: 12228-A
- km: 95884

$10,780
$97** Bi-weekly

11 Benz E350 AWD
- 4Matic, NAV, Loaded, Lthr, Roo
- st: 33877
- km: 14374

$58,850
$443*** Bi-weekly

08 LandRover LR2 AWD
- Loaded, A/C, Auto
- st: 32103
- km: 82605

$19,800
$208* Bi-weekly

11 Gr. Vitara 4WD
- Loaded, A/C, Auto
- st: 33669
- km: 58018

$16,950
$135*** Bi-weekly

08 Ford Edge SEL AWD
- Loaded, A/C, Auto
- st: 34136
- km: 79226

$16,880
$177* Bi-weekly

12 Colorado 4WD
- Loaded, A/C, Auto
- st: 34139
- km: 17835

$27,850
$210*** Bi-weekly

09 Murano SL AWD
- Loaded, Auto
- st: 34469
- km: 86683

$18,970
$171** Bi-weekly

11 Outback AWD
- Premium, Loaded, A/C, Auto
- st: 34241
- km: 60592

$24,850
$187*** Bi-weekly

12 Venza XLE AWD
- Loaded, A/C, Lthr
- st: 34455
- km: 9147

$29,970
$226*** Bi-weekly

08 Infiniti EX35 AWD
- Loaded, A/C, Lthr, Roof
- st: 33822
- km: 105315

$18,880
$198* Bi-weekly

11 Pathfinder 4WD
- Loaded, A/C, Auto
- st: 34314
- km: 41002

$25,980
$196*** Bi-weekly

09 Impreza AWD
- Loaded, A/C, Auto
- st: 34447
- km: 89932

$12,950
$117** Bi-weekly

11 Outlander 4WD
- Loaded, A/C, Auto
- st: 33520
- km: 32780

$21,850
$164*** Bi-weekly

08 Tundra SR5 4WD
- iForce, Loaded, A/C
- st: 33481-A
- km: 75968

$23,750
$248* Bi-weekly

10 Forester AWD
- Loaded, A/C, Auto
- st: 33139
- km: 62998

$21,980
$165*** Bi-weekly

11 Yukon 4WD
- Loaded, A/C
- st: 32939
- km: 44543

$28,500
$214*** Bi-weekly

09 Accord LX
- Loaded, A/C, Auto
- st: 33975
- km: 69018

$15,880
$143** Bi-weekly

08 Benz C230 AWD
- 4Matic, Loaded, Lthr, Roof
- st: 34149
- km: 43035

$25,980
$261* Bi-weekly

11 Ram 1500 4WD
- HEMI, Loaded, A/C, Auto
- st: 34428
- km: 44586

$25,980
$196*** Bi-weekly

08 Sierra Z71 SLE 4WD
- Loaded, A/C, Lthr, Auto
- st: 34449-A
- km: 94585

$17,480
$183* Bi-weekly

07 LandRover LR3 4WD
- V8HSE, NAV, Roof, Lthr
- st: 33567
- km: 56440

$26,870
$270* Bi-weekly

09 Liberty Sport 4WD
- Trail Rated, Loaded, A/C,
- st: 34488
- km: 67938

$14,980
$135** Bi-weekly

10 Suzuki SX4 AWD
- Loaded, A/C
- st: 34461
- km: 71271

$10,750
$86*** Bi-weekly

12 Surburban 1500 4WD
- Loaded, A/C
- st: 33709
- km: 27634

$35,830
$270*** Bi-weekly

08 Mazda CX-7 AWD
- Loaded, A/C
- st: 34059
- km: 64801

$15,650
$164* Bi-weekly

11 Traverse LS AWD
- Loaded, A/C
- st: 34390
- km: 48949

$23,890
$180*** Bi-weekly

09 Mazda B4000 AWD
- A/C
- st: 34527
- km: 60233

$14,470
$131** Bi-weekly

08 Compass AWD
- Loaded, A/C, Auto
- st: 34537
- km: 90551

$11,860
$124* Bi-weekly

09 Pilot 4WD
- Loaded, A/C
- st: 34239
- km: 62480

$24,950
$214** Bi-weekly

10 Ranger Sport 4WD
- A/C
- st: 34504
- km: 37173

$16,870
$135*** Bi-weekly

11 Escalade EXT AWD
- NAV, Loaded, Roof, Lthr
- st: 34213
- km: 20748

$64,820
$488*** Bi-weekly

08 BMW X3 AWD
- Loaded, A/C, Roof, Lthr, Auto
- st: 33285
- km: 51156

$28,650
$288* Bi-weekly

12 Escape LTD 4WD
- Loaded, A/C, Roof, Lthr, Auto
- st: 34294
- km: 44920

$24,980
$188*** Bi-weekly

10 Equinox LS AWD
- Loaded, A/C
- st: 33050
- km: 63009

$17,950
$143*** Bi-weekly

12 Volvo XC70 AWD
- Loaded, A/C, Lthr, Auto
- st: 34310
- km: 29220

$34,860
$262*** Bi-weekly

11 Legacy AWD
- Loaded, A/C, Auto
- st: 34525
- km: 43184

$17,840
$142*** Bi-weekly

09 Benz E300 4WD
- 4Matic, NAV, Loaded, Lthr, Roof
- st: 33686
- km: 46356

$31,840
$273** Bi-weekly

08 Lincoln MKZ AWD
- Loaded, A/C, Roof, Lthr
- st: 33632
- km: 98400

$15,950
$167* Bi-weekly

12 Fusion SEL AWD
- Loaded, A/C, Lthr, Roof, Auto
- st: 34384
- km: 198200

$22,670
$171*** Bi-weekly

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